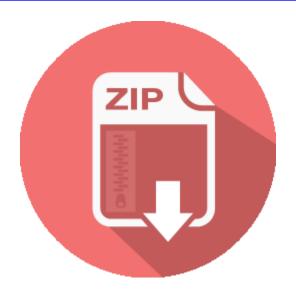
SLOW COOK HEALTHY RECIPES



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50 Healthy Slow Cooker Recipes Under 350 Cal Taste of Home

This recipe came to me from a friend and previous co-worker at a health food store. I changed a few things until I found a version that my family loves. My son doesn't like things too spicy, so I make the stew milder for him and add a sprinkle of extra spice in mine.

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Healthy Slow Cooker Recipes Allrecipes com

The stewed tomatoes and jalapeno pepper give this slow cooker recipe its Creole zing, along with seasoning and other veggies. This is an easy and tasty Creole chicken recipe. Just put all ingredients into the slow cooker and let it simmer all day. It's perfect over egg noodles.

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Healthy slow cooker recipes BBC Good Food

Healthy slow cooker recipes. 21 Recipes. Come home to a nourishing, hot supper with our triple-tested healthy slow cooker dishes - from casseroles and shepherd's pie to risottos and rice pudding.

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Healthy Slow Cooker Recipes Better Homes Gardens

Tender lentils and brown rice make good choices for healthy slow cooker recipes. They benefit from the long simmering time, and also pack some major fiber. Enjoy the dynamite duo in these meatless-yet-hearty stuffed peppers flavored with brown sugar, mustard, garlic, and apple cider vinegar.

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100 Favorite Slow Cooker Recipes Cooking Light

The meat simmers to perfection and shreds beautifully after a seven-hour stint in the slow cooker. This recipe gives you slaw-topped sandwiches to feed a crowd, but you can also use the pork mixture and slaw as a topper for baked russet or sweet potatoes.

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